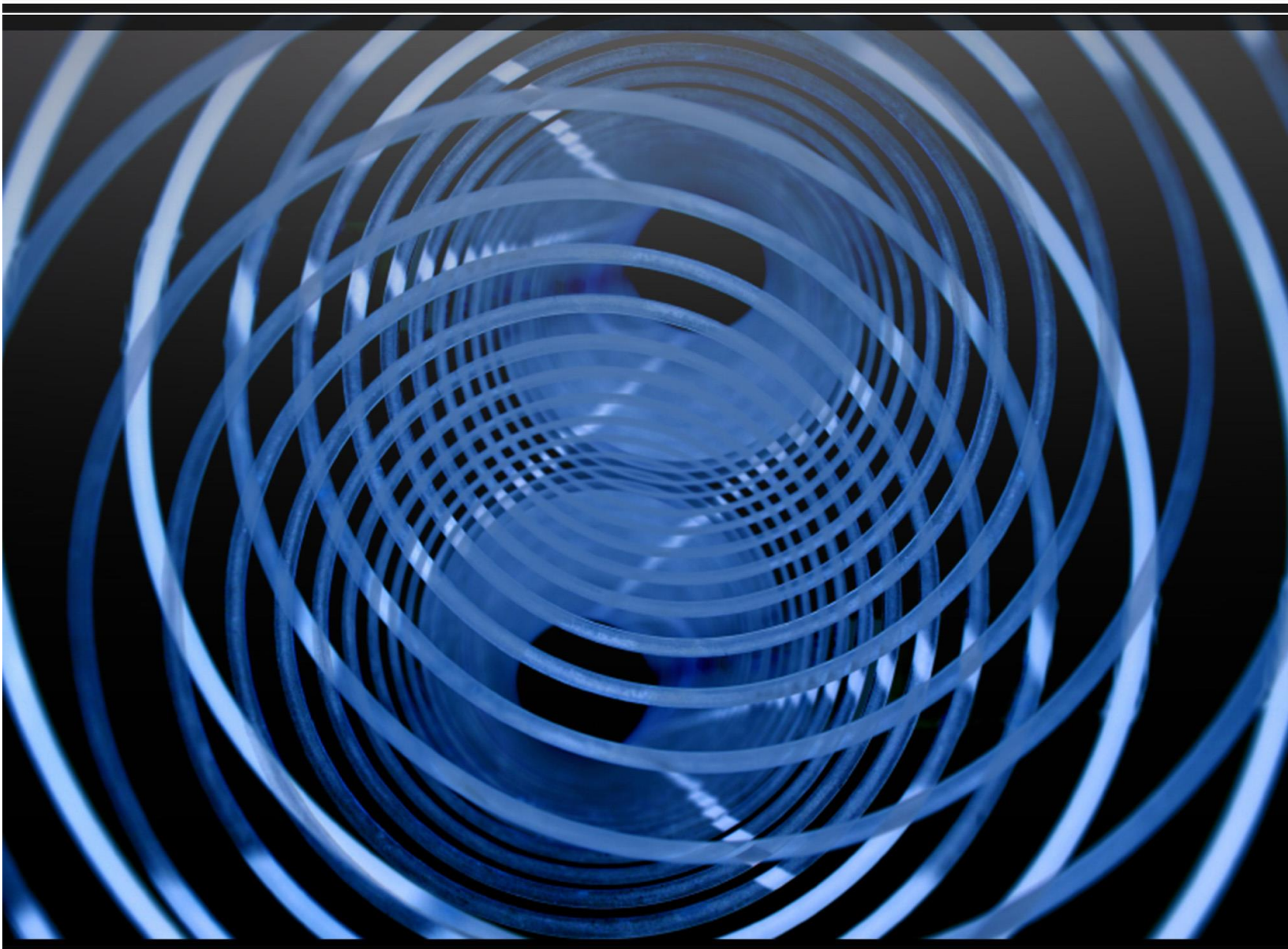
RAPID INDUCTIONS GUIDE



DR. STEVE G. JONES

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Introduction

What in the world is street hypnosis?

You've probably seen them on TV or personally, performing in Vegas or in random big cities across the globe. They're in the United States, Singapore, Malaysia, London and even Tokyo, Japan. Wherever you may be, they are there – hidden among the crowds, inconspicuous yet extremely powerful.

They are the street hypnotists.

But they are not just natural showmen or entertainers, though their abilities may be entertaining or even shocking to many people. They are living proofs of the power of language and the mind. They prove again and again how the human mind can be subverted by a single word or a change in one's tone of voice. The mind is powerful but a street hypnotist's special knowledge and skills are even more fantastic.

We're in a dialogue at this very moment because you've chosen to learn more about street hypnosis.

Before we discuss any formal techniques or guidelines related to this craft, I'd like to share a few important details with you, so there would be no confusion later on:

1. **Time to take to the streets.** Street hypnosis was meant to be performed in an impromptu manner, ideally in the streets where there's an instant audience and pressure to perform.

The setting is perfect for the most powerful hypnotic inductions that you've ever seen. The techniques of street hypnosis can also be used in other venues and situations – hypnosis is flexible like that. It's

powerful and flexible at the same time… What more could you ask from a craft like this?

2. **What it's not.** Street hypnosis should not be confused with classical hypnotherapy.

Classical hypnotherapy was meant to be performed in an office or clinic and its main goal is to provide healing to individuals who are suffering from phobias and other psychological disorders. The foundation of street hypnosis is classical hypnotherapy, but at the same time, it's wildly different because you don't need an office or clinic to perform it well.

3. **Ethics.** Hypnotherapists, like medical professionals, follow the code of "do no harm." This simply means that a clinical hypnotherapist should not consciously perform any hypnotic acts that would be injurious or harmful to their clients/subjects.

The same code of ethics should be followed by individuals who are aspiring to become street hypnotists. Don't use this powerful craft to take advantage of people in any way. Following the street hypnotist's code is also a moral decision and it is my sincere hope that you find it easy to subscribe to this code, which will benefit both the hypnotist and his/her subject.

4. **Learning & adaptation.** The body of work that explores street hypnosis is relatively young and smaller compared to the corpus of papers, books and treatises that discuss clinical hypnotherapy.

What this means is that street hypnosis still has a long way to go in terms of developing and evolving. It requires a Herculean effort to write a book, even about something that you love, and so newer and more comprehensive references are rare gems to be cherished. If you find books specifically tackling street hypnosis, grab them and learn everything you can – you won't regret it!

10 Things You Have to Know Before Trying Street Hypnosis

1. **The effects are stunningly real.** *All kinds of hypnosis is self-hypnosis*. I want you to remember this when trying out any of the varieties of hypnosis available to students and active practitioners.

Hypnosis is real and it works simply because it is a complete experience that takes place in the person's mind. Hypnosis is very much like a switch that you "flip" using certain triggers.

In classical hypnosis *aka* clinical hypnotherapy, the hypnotherapist delves into the subconscious mind to reveal memories and prior negative experiences that may be causing hardship in the subject's life.

Street hypnosis on the other hand, can be used purely for entertainment or as a form of instant hypnosis utilized to deliver therapeutic effects to another person.

It's up to you to determine the exact use of street hypnosis. However, always keep in mind that what you're doing is as real as it gets.

The effects of hypnosis vary from person to person. Some subjects are highly susceptible to being hypnotized while some may show a degree of resistance. When there's resistance, there's a challenge for the street hypnotist. What can you do to reverse the resistance and make it work? That's part of your task as a practitioner of this wonderful craft.

2. **Mistakes won't kill you.** It's normal to be afraid of trying something new. The core teaching of street hypnosis is "take it to the streets!" However, you mustn't take to the streets without prior preparation. Reading this book in its entirety would be a great way to begin your preparation for street hypnosis.

Reading a handful more books will boost your knowledge and increase your confidence in carrying out your hypnotic routines on people.

If you watch street hypnotists online or on TV, you will notice that they have an almost indefinable "star dust" about them that makes them look so good and convincing while performing street hypnosis.

Take note that many of the best street hypnotists are in plain civilian clothes, nothing special and yet they can hold people's attention easily with the power of language. This is the kind of hypnotic power that I want you to enjoy. You don't have to be 100% confident when you start out for the first time.

You simply have to prepare well and "look the part" of someone who has been doing this for a long time. Remember: one of the biggest factors that will have a large impact on your persuasiveness is how people perceive you.

Ask yourself this – are you portraying the role of an expert/veteran street hypnotist or are you playing the part of an unsure beginner? You can play both roles masterfully – but the choice has to be made from the very beginning.

The confidence that we all seek comes with practice and experience, but again, you don't have to be one hundred percent confident in the beginning to make people succumb to your natural hypnotic skills. *Believe it then live it!*

3. **Hypnotic susceptibility.** There are 3 levels of susceptibility when it comes to hypnosis: low susceptibility, average susceptibility and high susceptibility. It is estimated that around 50% of the entire population falls into the average susceptibility bracket.

An individual with low susceptibility would be difficult to hypnotize either because he/she has: poor focus/attention or he/she actively resists being hypnotized. Actively countering the natural defenses of resistant subject requires the use of techniques such as cognitive reframing.

However, due to the general time constraints present when you're performing in a public venue, you would have to overcome resistance by using powerful instant hypnotic induction techniques, which we will be discussing later on in the book.

Hypnotic subjects with average or high susceptibility are obviously the best to work with because these people often fit the following criteria:

- They can focus deeply on what's being said to them.

- They have prior knowledge or experience with hypnosis and they believe it can be done.

- They can be convinced that you have expertise/knowledge of hypnosis and therefore, you're capable of accomplishing it even in a public space or venue.

- At the subconscious level, they want or enjoy being hypnotized.

These are just some of the essential markers that you will be encountering as you continue progressing with your journey as a street hypnotist.

The great thing about street hypnosis is that in full practice, it will bring you close to many kinds of people and you will learn a lot of about human psychology, language and the general human condition when you hypnotize a heterogeneous mix of subjects. In short, you'll be learning not just from books such as this one but from your actual experiences while performing street hypnosis.

Experience is the best teacher, but we all have to start somewhere. That's why I encourage everyone to create a strong foundation of technical knowledge first before heading out to practice this craft so you will have the necessary foreknowledge to prepare you for what lies ahead.

4. **Boundaries needed.** Boundaries are necessary, even for street hypnosis which was meant to be performed in an outdoor environment, with people watching your every move.

The first boundary that must be established are the specific roles that each person will play. You must introduce yourself as a hypnotist and you must maintain your confidence in this role from start to finish.

At no point should you allow your subject to lead the interaction. You must be the one who's doing the pacing and leading, not the subject. Of course, if you've managed to find a subject that's actually a street hypnotist too, you're in for a "fun time" trying to hypnotize this person, if you know what I mean!

Another boundary that's worth discussing here are the physical boundaries surrounding you and the subject. The zone of hypnosis (where you will be performing) must be clearly marked with chalk, tape or any other means of demarcation so your subject will remain "in the zone" as you perform the hypnosis. The last thing that we want to see is a half-asleep, hypnotized subject walking around aimlessly. That could be risky in an outdoor venue!

5. **Routines & practice.** As a budding street hypnotist, it's imperative that you're able to create your own routines. Take as much information as you need from books such as this one and appropriate the knowledge to suit your own needs.

Each hypnotist has his/her own particular strengths and weaknesses. You must identify your own strengths as a hypnotist and build upon them, by reading up and applying hypnotic techniques that complement your strengths.

For example, if your main strength is engaging people in easy conversation, it makes complete sense to learn about hypnotic language patterns and persuasive conversation strategies. You will encounter these concepts and more as you continue your education as a street hypnotist.

What about my weaknesses?

Weaknesses should be fully identified and remedied. However, don't let these weaknesses stop you from trying street hypnosis.

Know your weaknesses and stay away from strategies that may be too difficult to implement in an outdoor setting and fast-paced performance. Eventually, you have to iron out these weaknesses through reading, practice and creating special personal routines that are effective and easy to implement.

The effectiveness of a hypnotic routine can only be ascertained through practice. If your subject is responsive or "goes under" easily (i.e. he/she is induced into hypnosis within seconds or minutes) then the routine is robust. It should be kept and further improved.

On the flipside, if the routine you've chosen continually fails in terms of "delivering the goods," it's time to examine to see what's wrong with it. Is the delivery weak or flawed? Are you able to predict how the subject will respond to the induction and deepener? These are just some of the major factors that affect the effectiveness of a hypnotic routine.

6. **Talk before induction.** Talking to your subject before beginning the hypnotic induction is of paramount importance. Here are some of the things that you should include in your introductory spiel:

- Who you are and what you do.

- What street hypnosis is all about.

- Ask what the subject knows about hypnosis.

- Ask if the subject has any neurological conditions that may cause symptoms such as seizures.

The main purpose of the preliminary conversation between you and the subject is to gauge if the other person is an ideal subject or not. If the person is not an ideal subject, consider him/her a challenge to your general set of skills as a hypnotist. Don't be embarrassed to select another subject if you think you can't handle the one in front of you at the moment.

However, it would be best to talk to several people before formally opening your street hypnosis performance. You can secretly perform a pre-talk sequence on a handful of bystanders before selecting one that you think would "go under" quickly and beautifully.

What if I want to be challenged?

Hypnotizing someone who openly resists the hypnotic sequence is indeed a challenge and it's entirely up to you if you want to match your skills as a hypnotist against the subject's conscious defenses. Much of your success as a hypnotist will stem from your willingness to change tack or adapt when you feel that something isn't working well.

7. **Personality matters.** Ideally, a street hypnotist should present a very open and confident personality, to cater to the social preferences of different people. You must be authoritative but not bossy, open but firm. Leadership is of paramount importance: if the subject does not see you as a natural leader prior to the first attempt at a hypnotic induction, it might not work.

Authority and expertise work hand in hand: if you are perceived as an authority, it's highly likely that you're also perceived as an expert at what you do. Unless you tell your subject that you're not very confident because you're just a beginner, he/she won't know about your level of expertise.

What does matter during the actual performance of street hypnosis is what you outwardly project to your subject. You'll be able to understand this point when you practice your hypnosis routine in front of a mirror, in front of a friend or when you videotape yourself performing it live in front of a street audience.

One look is all you will need to see if you are projecting leadership and confidence. Master the fine art of "looking, acting and talking the part" and you can be sure that your performance of street hypnosis will be excellent.

8. **Anticipate strange reactions to hypnosis.** The majority of the time, street hypnotists simply focus on putting their subjects to sleep. This feat, which is often achieved through a form of "shock induction" which sends the subject immediately to a somnambulistic state, is the "safe route" for beginners and advanced practitioners alike. If your main goal is to simply highlight your ability to hypnotize people on the spot then a powerful, rapid induction script is all you need.

However, this doesn't mean that things will "work as planned" 100% of the time. A small percentage of hypnotic subjects will show strange reactions to the presence of a skilled street hypnotist. These

unintended reactions that stem from the hypnotic subject are collectively called "abreactions."

What in the world is an abreaction?

Abreaction is not a newfangled concept or portmanteau word – it's actually an old concept in psychology that refers to the "cathartic, emotional release" felt by individual in certain situations, such as deep hypnosis.

Typical abreactions that occur during hypnosis are crying, sobbing or laughing. You will know that it's an abreaction because the emotional response will be inappropriate based on the context of the exchange.

There may also be easy-to-spot markers such as tears while smiling. Sounds scary doesn't it? Don't be scared of abreactions at all. An abreaction will likely take place if your subject has a lot of repressed thoughts and pent-up emotions. Repressing thoughts and emotions requires conscious effort, even if you don't notice that you're doing it.

For example, an individual who has had a bad experience with driving in his younger years may actively repress negative memories about the past event so that he can function normally on a day to day basis.

The repression of negative memories and emotions may be suspended during a hypnotic trance. With the "cat out of the bag" the man may begin feeling emotions such as extreme fear and panic, which are then expressed through crying or sobbing.

There are countless permutations or combinations that may lead to this situation so just remember not to panic and bring the subject back gently when the abreaction occurs. Obviously it would be difficult to successfully complete a street hypnosis performance if your subject is experiencing a powerful abreaction.

Fortunately, your subject will continue to listen to the sound of your voice due to the hypnotic induction. You have but one goal: to bring the subject back by waking him/her up. A "wake up" sequence should be employed to end the hypnotic trance.

9. **Speed is of consequence.** Speed is the street hypnotist's best friend. The street hypnotist doesn't have the luxury of time. At most, you have five to ten minutes before your subject becomes impatient with what you're doing.

Since the preliminary conversation between the street hypnotist and subject can reveal only so much about the latter's personality, we have to assume that the subject is going to resist the hypnotic sequence.

After completing a quick assessment of your subject, proceed with the induction and deepening as quickly as possible.

Use the technique that you've mastered well and use it to create the biggest possible impact on the subject's psyche in the shortest amount of time. Don't worry: you have all the time in the world to read up and practice before heading out to the streets.

Read, analyze and take notes – this is how a street hypnotist should study his/her material. Don't attempt to use new material without fully understanding its primary mechanism and identifying the ideal situations where it can be used quickly and effectively. Pulling out random scripts and techniques "on the fly" will produce disastrous results.

10. **Elevate your mood.** Your mood has a large impact on the quality of your performance as a street hypnotist. If you're feeling down, depressed, angry or scared, don't let a single drop of negative emotion escape into your performance.

When you face your subject and the crowd, you are nothing but the best street hypnotist in the world. People aren't interested that you've been up all night practicing. They won't make allowances just because you're feeling bad that you had a negative experience a few days ago. Avoid bringing extraneous and unnecessary elements into the equation.

If you want to successfully practice street hypnosis, think street hypnosis 100% of the time and nothing else!

Welcome to Street Hypnosis

Situating Inductions in Hypnosis

This book is primarily about employing rapid inductions in the context of street hypnosis so we're not going to go into detail about the entire hypnotic process. However, we do have to discuss (at least a little bit) what hypnotic inductions are and the main role that inductions play in street hypnosis performances.

A rapid induction is a form of hypnotic induction that was designed to make people "go under" in a short period of time. Technically speaking, a rapid induction causes a person to enter a light trance that can then be deepened later on, depending on what the hypnotist does after the induction.

So this has to be kept in mind when you're performing street hypnosis out in the streets. Your subject will fall into a trance state but the trance won't be as deep compared to a trance state that was caused by a much longer induction process.

A hypnotic induction can be adjusted and lengthened, depending on what the hypnotist wants to accomplish. This is another great thing about hypnosis – it's very flexible and you can easily backtrack to make adjustments if you think you can still improve the overall results of what you're doing.

The ten rapid induction techniques that I will be sharing with you in this book can be learned quickly and effortlessly. However, learning something is different from applying it in an actual performance. So remember: practice a few times before trying an induction technique on a stranger out in the streets. Get the actions and words down pat before heading out. Nothing could be more frustrating than groping for the right words when you're about to induce a hypnotic trance.

You'll end up losing precious momentum, which you need to trigger a hypnotic trance quickly and effortlessly. Think of the hypnotic induction process as a buttered slide: you start at the very top and with a little nudge, the subject goes down the slide fast. As you gather momentum, the subject goes deeper and deeper into the desired trance state.

Subconscious Musings

What's up with the subconscious mind?

If you want to attain full mastery of hypnosis and related practices like influence/persuasion, you have to be aware of the strong dichotomy between the conscious mind and the subconscious mind. It is this dichotomy that makes the aforementioned activities more challenging – and rewarding.

The human mind is split unevenly into two parts: the conscious mind and the subconscious mind. For the sake of simplicity let's stick to these two categories to make our foray into the subconscious a little easier.

Now, these two sections of the mind are not really "half-half" in the truest sense of the word. Judging from the roles that they play, we can say that the subconscious mind is the mountain while the conscious mind is the cap of ice on top.

Your waking consciousness is the part of your mind that's most visible and recognizable and yet, it doesn't constitute the whole mountain. It's the topmost part of the mountain – the rest is your subconscious mind.

Your subconscious mind is primarily concerned with "setting the stage" of your life by processing and filing away life experiences, committing them to your mind as memories. Your sadness, hopes

and joys are all stored away neatly, deep in the recesses of your subconscious.

What about values and beliefs?

Deeply-held values and beliefs, which we hold as the truest reflections of who we are as individuals, are also molded by the subconscious mind.

When a new idea enters the conscious mind, the idea probably reflects something that's already taken root in the subconscious mind. The idea is then used to widen the net of a particular value or belief. On the flipside, if a new idea isn't part of a person's established collection of beliefs/values, it will likely be rejected at the conscious level.

This is what the conscious mind is good at – rejecting things. Sure, it can accept new ideas if the aforementioned ideas are deemed neutral or beneficial. But on most days, the conscious mind is preoccupied with making sure that incongruent and therefore, potentially harmful or risky ideas are discarded immediately.

Why does this matter to street hypnosis?

It matters because what we're essentially aiming for when we hypnotize someone is his/her subconscious mind. The conscious mind is far too picky with information and so the only way that a street hypnotist would be able to "operate" would be to subvert and/or bypass the mind's conscious defenses.

One of the greatest weaknesses of the conscious mind is the being exposed to the hypnotic induction process. Why? Because hypnotic inductions are purposefully vague. Vagueness exhausts the conscious mind and renders it temporarily "shorted out" because it won't be

able to understand everything that's happening to it during a hypnotic induction.
If you examine hypnotic language on the whole, you will see the tell-tale signs of "secret devices" or embedded language elements that serve to evade the common "logic-seeking" capabilities of the conscious mind. Consider the following statement:

"Now that you're here listening to me you will be using your learnings to make yourself better, and you will."

Even a facile reading of the statement would reveal that it is utterly confusing but clear at the same time. This is what purposeful vagueness is all about.

While the conscious mind is tiring itself trying to piece together the logical premise of such statements, the subconscious mind will be receiving the message just fine. The conscious mind will become temporarily overloaded because of the vagueness and this creates a window of opportunity for the hypnotist to send the subject to sleep.

In classical hypnotherapy, the use of hypnotic language patterns is fairly common because these linguistic devices are easy to use and you can adapt them easily for any situation.

For example, the hypnotist may use the word "and" to link together statements and ideas that aren't naturally associated with each other. The ensuing confusion at the intended meaning of the statements will help loosen the conscious mind's defenses and this in turn will make the hypnotist's job that much easier.

Bear in mind that while it's possible to temporarily "deactivate" the conscious mind during hypnosis, it will still be at least partially awake and observant.

This is the reason why hypnotherapists use selective amnesia after a session to prevent the conscious mind from taking apart the session and refuting it. Overthinking and over-analysis are known enemies of hypnosis, because these can undo any progress that the subject has already made during the hypnosis session.

Sensorial Approach

The sensorial approach to rapidly inducing hypnotic trances is derived from two fields: hypnosis and creative visualization. Essentially what you're going to do is you're going to program the subject's mind to experience something that seems so vividly and physically real that he/she goes under.

This is a more challenging approach to street hypnosis but it will allow you to practice your communication skills more rigorously, which will in turn, improve your overall handling of hypnosis as a method of communicating with others. To maximize your learning experience, it would be best to observe your subject closely to see how he/she is responding to each part of the sensorial script.

Rapid Induction 1: Fireball

This is an "eyes open" induction method that triggers a spontaneous sleeping response when you speak the concluding phrases.

"I want you to pay close attention to the sound of my voice and nothing else, because at this very moment you hear nothing else and want to hear nothing else but the voice speaking to you, 1 – 2- 3 – relaxing deeper and deeper, 1-2-3, in we go into the dark tunnel, travelling faster and faster until you see a ball of light. Pay close attention to this ball of light as it becomes larger and larger, as big as the sun, now bright as the sun, now bigger and brighter than any sun that you've seen before. Now LISTEN to the sound of my voice as

the fireball comes closer and closer, straining your eyes with its brightness, so bright, so bright, closer and closer and your eyes begin to close, down, down, down and NOW SLEEP!"

It would be best to employ a sudden sound such as snapping your two thumbs simultaneously or clapping your hands loudly when you give the final command to sleep.

You will notice your subject becoming more and more in trance as you mention the fireball or sun. As a reflex, the subject will close his/her eyes to shield it from the blinding light of the visualized sun. Remember to intone the words properly and adjust the intensity of your speech to create a more dramatic and palpable effect on your subject.

Rapid Induction 2: Ice Cold Embrace

If you want an induction method that'll give your subject imaginary "chill" then this is the right technique for you! Simply ask your subject to embrace himself/herself before quickly launching into the induction script.

"Focus on the sound of my voice… Close your eyes and hear nothing but my voice as you begin feeling the air around your skin becoming cooler and cooler. Steadily as we go down, down, down, the air is becoming colder. As cold as ice. As cold as winter. You feel the cold and you embrace yourself tighter and tighter, to keep warm. You now feel the cold travelling from the top of your head, all the way down to your face and your eyes become heavy as you close it tightly to keep warm."

The script can in fact be extended for as long as you want and you're free to add variety to it if you want. What we're essentially doing here is altering the subject's perception of temperature around

his/her body, which, if done correctly can induce a deep hypnotic trance.

When the subject is thoroughly engrossed in the feeling of being cold. You can touch the subject's firmly on the shoulders and command "sleep!" The sleep command at this point is no longer 'just' an induction command but a one-word deepener.

As you can see, it becomes easier to craft one-word deepeners through the sensorial approach to rapid induction because the experience takes care of the initial phase of hypnosis adequately, which does away with the need for a lengthier deepening phase. Experiment with the sensorial scripts in this book – you'll have a fine time crafting your own routines!

Rapid Induction 3: Blanket Cover

The "Blanket Cover" is an advanced rapid induction – try it when you've mastered the basic rapid inductions (which we will cover later).

This induction is fun because it attempts to subvert the sense of sight which is one of the most difficult things to do during a live street hypnosis performance. It's difficult because one, both the hypnotist and subject are outdoors and second, the conscious mind can be quick to reject the notion of complete darkness when in reality, it's sunny and warm outside.

"You're about to experience a demonstration of just how powerful the human mind can be and how powerful you can be when you set your mind on something. There's blanket floating on top of you, a heavy one, warm and soft, the color of gray and it's slowly enveloping you from the top in a comfortable, comfortable embrace. FEEL the heaviness of the fabric as it touches the top of your head and as the fine fabric goes down, so do you close your eyelids. Your

eyes are now closed, ready to fall asleep and sleep we go, down and down and down and now you SLEEP."

If you've noticed, the introductory part of the rapid induction mentions concepts like "demonstration", "human mind" and "powerful." The reason for this is quite simple: you mention that the hypnosis will be a demonstration of the subject's OWN mental power and his/her OWN ability to focus or pay attention.

What the statement does is it conditions the subject to suspend his/her disbelief or resistance (if there is any) and encourages the subject to prove himself/herself to the hypnotist and the audience in a very subtle sort of way.

It may sound a little confusing so let me clarify: people are generally more motivated to do something if it raises their social status just a little.

Following the street hypnotist's instructions will "prove" to the hypnotist and the audience (if there is any) that the subject has mental power over his/her own senses, as demonstrated by the temporary overriding of the sense of sight. This will make more sense when you try this technique for yourself.

Rapid Induction 4: Natural Music

The 4th rapid induction that I'd like to teach you makes use of imaginary sounds, a deep mental experience and a sudden "shock" command that sends the subject to sleep.

Despite being a rapid induction, we're going to start off slow with this one because we want to "pace" the subject's conscious mind so it would pay close attention to the creative visualization that we're going to ignite in the subject's imagination.

Remember: the subject's mind is protected by the conscious/critical component and like a palace guard, the conscious mind is going to keep a watchful eye on *you* and what you're going to do during the hypnosis. Luckily, there are ways to distract an old guard…

"Hello, do you love music? I love music. Do you love nature too? Peaceful, calm, serene, quiet, relaxing… Relaxing is a great word, isn't? Relax… You should relax now, just close your eyes, and listen carefully to the sounds of birdsong around you. You're in the middle of a forest clearing and you're swaying your head gently, back and forth, enjoying the gentle sounds of birdsong. Now close your eyes and your mind will fill with the sweet notes of nature. Listen… Just listen… Do you hear it? Listen closer… Now your head is swaying back and forth and when I snap my fingers, wait for it, 1…2…3… **(snap your fingers quickly and loudly)** ***SLEEP!"***

This type of rapid induction would work well on people who say they don't believe in hypnosis or in street hypnosis. Sure, they might not believe in the word or concept, but they can believe in what happens in their own minds.

Street hypnosis is not some weird, artificial thing that people have to believe first before it will work. All hypnosis is self-hypnosis, whether the concept is accepted or not. Therefore, a person can go under without knowing or even acknowledging that he/she is entering a deep hypnotic trance.

To maximize the effect of all rapid inductions, it would be best to decide on a pace and cadence and use that for the entirety of the induction. For example, you may decide to proceed slowly in the beginning, increase the speed of your words toward the middle and slow down again during the end-part of the script, where the final command to sleep is situated.

When you're studying any new hypnosis script, try to visualize the script as a map into the subject's mind. Imagine what the subject might be thinking as he/she hears the phrases and statements contained within the script. Determine the best route that will allow you to attain the goal faster. Vocal adjustments are often needed, because not all street hypnotists sound authoritative or firm when they try hypnotic scripts for the first time.

Think of each induction as a groundbreaking event and your mind and body will respond appropriately. The sound of your voice will become more distinctive. The volume will increase and you will also feel more in charge of the situation and its end results.

Rapid Induction 5: Two Giant Balloons

This is a new take on a classical induction used in clinical hypnotherapy. What this technique does is it plays with the sensations of lightness and heaviness through hypnotic suggestion.

Since it takes a bit more effort to visualize and experience something associated with gravity, this induction effectively blocks the critical factor by overloading it with sensorial details. Toward the end of the induction, the sudden shock of having the subject's arms drop to his/her side will cause him/her to go into a deep trance state.

"Now that you seem ready, I'd like to you to do something very simple for me. I'd like you to hold out your arms at your sides so that your wrists will dangle a little near chest level. As you close your eyes now, imagine that you have two giant balloons, one tied to each wrist. As each giant balloon is tied to each of your wrists, feel your hand and arms becoming lighter and lighter. Lighter and lighter… Up… Up… Up… And your hands are now a few inches above your head. Now I'm approaching you, bringing your hands down again, at your sides, near chest level. When you hear a loud sound, the balloons are going to pop and your hands will drop to

their normal positions… 7… 6… 5… 4… 3… 2… 1… (clap as hard as you can) NOW SLEEP!"

Proper timing and spacing of commands is crucial to this induction technique. After the imaginary levitation of the arms and hands, the subject's muscles will already be slightly fatigued, which will make the arm drop more effective and believable later on.

As you provide the final set of instructions, the subject's body readies itself to return the arms to a more natural position.

The countdown prolongs the slight muscular fatigue and when you clap loudly, you're giving just enough "shock factor" to send the subject to sleep while he/she is still focusing on levitating his/her arms, in accordance with the prior hypnotic patter.

A variation of this hypnotic induction would be to gently pull down the subject's arms from their overhead position and hold on to it while saying the final set of instructions. Instead of allowing the subject to drop his/her own arms, you're going to hold on to it and say *"when I let go, the balloons are going to be cut and you will feel deeply relaxed."*

Take care not to support the arms to much – a slight touch is all you need. At this point in time the subject still has his/her eyes closed so the sensorial aspect of the hypnosis is greatly magnified, because all the other senses and the subject's imagination are working overtime to make sense of what's happening.

Rapid Induction 6: Hot & Cold

I'm certain that many of you have noticed that the main ingredient of rapid inductions, if you will, is mental confusion which can be achieved in a variety of ways. The sensorial approach to rapid induction requires a little hypnotic patter but the resulting trance will

be much deeper and harder to break because you've invested more time in the induction to begin with.

Normally beginning hypnotists are given the easiest inductions to train with – I believe that the older inductions are a little short and therefore not the best of material to practice with. But don't worry – we're going to perform a little pivot soon and you're going to see the classical rapid inductions (finally!).

The 6th induction method in this volume centers on the sensation of touch (hot and cold).

The hypnotist will switch between hot and cold and he/she will also use "light and heavy" to further add to the conscious load of the hypnotic induction. Light and heavy will be used toward the end of the script in such a way that drowsiness and sleep become logical consequences of listening and following the street hypnotist's words.

"Now we're going to do a little demonstration to see how well you feel with your hands and the skin all over your body. You see we have billions of nerve cells covering the body and these nerve cells are very sensitive and they send small electrical currents to the brain when we feel something. Did you know that your brain can project hot and cold to any part of your body? Hold out your hand and in front of you and imagine: there's a hot brick on your right hand and a cold block of ice on the other. Do you feel the cold block of ice? How about the hot brick? Now I've switched them… Can you feel hot on your left hand and cold on your right hand? I've placed cold ice on your right foot and a hot brick on your left foot. Do you also feel them now? You've been holding out your hand for some time now but we're not done… I'm going to put a couple more bricks on both hands… Do you feel the bricks? Good… Now I'm going to remove the bricks one by one and when I say so, feel free to drop them to your sides… 1… I'm removing the bricks… 2…. Your hands are now

very light… 3… Get ready to be very relaxed… 4…. NOW GO TO SLEEP."

What is the main purpose of counting during a hypnotic induction?

Counting in any sequence (forward or backward) is a way of pacing the subject's mind so that it stays focused on what was said and what will be said after the sequence of numbers.

Counting also helps build anticipation and expectation and this helps amplify the effect of the hypnotic script on the subject. The subject thinks "he/she is counting down, something is going to happen next…" – the expectation of a future event keeps the person as focused as possible on the voice of the hypnotist.

Keeping your subject focused and in-trance is challenging in outdoor environments, for obvious reasons.

The subject might be too conscious of his/her appearance (since there's an audience) or there might distractions in the immediate environment such as loud noises and a large volume of people moving about in every direction.

The last type of distraction is especially troublesome so make it a point not to perform street hypnosis in very crowded and busy streets. You won't get the space and moderate noise volume that you need to properly implement your hypnotic scripts. You will end up spending too much time trying to keep your subject focused on your voice, which will consume too much of your precious time.

Again, street hypnotists only have 5 to 10 minutes at most to perform an entire routine. You can extend the time by asking permission from the subject, but most of the time, random people out on the street will not be willing to give strangers 20-30 minutes of their time (unless of

course you offer some form of compensation). In some situations, a small amount of compensation may be offered (e.g. if you're shooting a YouTube video for your business channel) but do so after the performance so that the thought of compensation would not affect the quality of the hypnosis. Avoid doing or saying anything that may have an unnatural effect on how the subject perceives or reacts to the activity in general.

Classic Rapid Inductions

Now that you've had sufficient exposure to the sensorial method of rapid induction, we can backtrack a bit to the more classical methods which are used in more laidback environments. Make no mistake: these induction methods are just as powerful as the ones that make use of NLP elements and creative visualization.

I consider these inductions the "super-fast" routes to inducing trances. However, as I've mentioned before they do have a drawback: because these rapid inductions are very rapidly implemented, there's a chance that the resulting trance will not be as deep as you'd want it to be.

If you're performing in front of an audience just to show that you can send someone to sleep quickly then this shouldn't be a problem. In the event that you're using street hypnosis for "on the fly" hypnosis with the specific intent to persuade and/or influence an individual or a group of people, then you must actively deepen the resulting trance after the initial induction.

The majority of deepening scripts make use of creative visualization because visualization is really a fun and enjoyable way to sink into a pleasant hypnotic trance. Also, the last thing that you want to hear from your subject is that the activity is uncomfortable. You can't be uncomfortable if the hypnotist is describing an orange-tinged sunset at the beach or the Zen-like movement of clear water in the river.

Rapid Induction 7: Fingertip Eye Track

The Fingertip Eye Track is a great example of how something as simple as eyestrain can be used by a street hypnotist to induce a hypnotic trance. You can change the words in the script as much as you like because the really important factor here is how well your subject follows the tip of your finger. Pay close attention to your subject's eyes.

If he/she is not focused on your fingertip intensely especially toward the end of the script, you may not get the results that you want.

There's a reason why this script is called the "Finger Eye Track" – the subject's eyes must follow the predesigned track to speed up the induction. Also, the subject's eyes must be closed before you can give the final command to sleep. The combination of eyelid closure and the sudden command will provide the shock factor necessary for a "deep enough" trance state.

"Now watch closely as I give you a single point in time and space, focus your eye on the tip of my finger and nothing else. Notice how still it is compared to everything else and how peaceful you feel now that it's moving forward. Focus on my finger alone and follow it… When it reaches your forehead, imagine that you can look directly at the tip by using X-ray vision… You'll be able to see what's resting on top of your forehead… Notice how my finger is coming closer and it is now resting on your forehead, do you see it? *(lightly close the subject's eyelids as your fingers gently go down from the forehead)* ***and now SLEEP."***

Why does hypnotic patter sound different from day-to-day speech?

There's a good reason why hypnotic speech in general is longer and more complex-sounding than ordinary speech. The target of induction scripts is the conscious mind and the fastest way to overcome its basic defenses is to provide a lot of items or details in shortest period of time. Like a soldier carrying a heavy pack, the conscious mind won't be able to "carry" everything that's being given to it. Some details will be missed (or "dropped") as the stream of details continues to burden the conscious mind.

The main line of instruction (in this case, paying close attention to the fingertip) will remain at the very top of the subject's mind while all else will be passively accepted and then discarded so that the subject's critical factor will be able to keep up.

Scientists estimate that the human mind can only "hold on" meaningfully to 5 pieces or bits of information at one time. As you continue increasing the load, overall performance is reduced until the human mind says "Alright, that's it, I'm done. No more information please."

What about hypnotic suggestions, should they be clear or what?

It depends on the context and the goal of the hypnotist. If you want to suggest something like "you can sing like a rock star" to a subject you've just met, then by all means, make it short and easy to understand.

On the other hand, if you're trying to help someone overcome a negative value or belief, hypnotic suggestions should be longer, more complex and veiled. Why? Because the conscious mind will likely reject something that's directly contrary to what the subject believes in, no matter how irrationally twisted that old value or belief might be.

Remember the old rule: other people's beliefs don't matter. What people will fiercely protect are their own beliefs and believe me, folks will go through extreme lengths to hold on to old beliefs.

So a hypnotic suggestion that goes against the established "status quo" in the subject's mind will likely be pushed away. But if you use hypnotic devices and make the message vaguer and more difficult to tear apart the moment the subject hears it, you have a much higher chance of actually implanting the hypnotic message in the subject's subconscious mind, where new ideas can take root and flourish.

Here's another secret that I'd like to share with everyone: the conscious mind may look the part of the "tough guy" but it is actually not the part of the mind that is truly in charge. The conscious mind only receives instructions from the subconscious mind. It's the subconscious mind that molds and sets all beliefs and values used by a person in his/her day to day life.

So obviously, if your main aim is to influence a person to change his/her belief about something, your target should be the subconscious, not the critical/conscious factor. Create a big change in the person's subconscious stream and you have yourself a winning street hypnosis performance.

Rapid Induction 8: Gentle Swaying

The Gentle Swaying induction doesn't necessitate a very creative hypnotic script, though you may want to add a little hypnotic patter to keep the subject focused. The hypnotic script should focus on the swaying movement, relaxation and sleep.

<u>Steps:</u>

1. Position your subject on a chair, with his/her back comfortably straight.

2. Place your hands on your subject's shoulder and begin the hypnotic induction while gently swaying him/her forward and backward.

3. Upon the final command, gently push the subject forward and swing out his/her hands to the side so that his/her upper body flops forward. Don't push too hard! Just make your subject flop forward. If no chair is available, you can still perform this technique as the subject's head will naturally rest in a forward direction as you sway his/her upper body forward.

Here's an example of hypnotic patter for this induction:

"Pay attention to the movement of your shoulders and try to stay awake, stay awake, don't fall asleep, as we sway back and forth… Back and forth… Back and forth… And as with the sound of my voice… Now SLEEP!"

You may have noticed that the sample script contains says "stay awake" and "don't fall asleep."

Have we made a mistake? **Fortunately, no we didn't.** This sub-technique is called the "law of reversed effort" and what it means is that as you encourage your subject not to do something, he/she will be more motivated to do the opposite of what you're saying.

Of course, the swaying movement has an impact, too. Like the movement of a pendulum, the swaying movement lulls the subject's into a sleepy, relaxed state, which automatically lowers the engagement of the mind's critical factor.

As the subject becomes sleepier and sleepier, it also becomes easier for the street hypnotist to instantly drive home a final command. For added impact, do increase the volume of your voice by about 25%

when you give the final command. This will help shock the subject, which in turn will trigger the hypnosis.

Rapid Induction 9: Finger Locked

The Finger Locked induction is a variation of the "hand clasp" suggestibility test combined with basic hypnotic patter. This particular variation is suitable for street hypnosis performances because it gives off that mysterious vibe when you lean forward and whisper to your subject's ear.

If you like performance hypnosis for friends, loved ones or you're interested in making a living out of entertaining people with grand performances out in the streets (where street hypnotists should be!) then you'll love this induction technique.

Steps:

1. Stand in front of your subject and hold both of his/her hands apart and suggest that they are becoming more and more magnetic.

2. Bring the two hands together, separate them, and bring them together again. There should be gaps in between to amplify the effect of your words. Refer to the script in this section for guidance as to what you can say while performing the initial steps of the induction.

3. When the movement has somewhat subdued your subject and you see the telltale signs of an impending hypnotic trance, quickly clasp the two hands together.

4. Whisper the hypnotic patter to the subject while gently holding the back of the subject's head. This is a common practice of street

hypnotists as it helps focus the subject on your words. Be sure not to bring your face too close to the subject's – just lean in close enough to be heard. Also, gently bring the subject forward so that his/her head becomes relaxed and slightly droops toward the chest.

5. Command the subject to sleep – voila! You're done!
And here is the hypnotic patter for this induction technique:

"Do you believe in magnets? Magnets are powerful things, but not as powerful as the human mind because the human mind can achieve a lot of things, things that you've never thought were possible. Things that you thought were impossible and today, you're going to see something improbable, impossible – even magical. Now give me your two hands and see how they are becoming more and more magnetic. I have to pull them apart a bit and oh – there they go again, they are becoming magnetic, magnetic, pulling together, negative pole, positive pole, pulling together, magnetic indeed. Now they are firmly magnetized to each other. Listen closely: as you try to pry your hands apart you will realize that they magnetized to each other and you can't do it. Try as hard as you can to separate them and they become harder and harder to separate. Hear the sound of my voice, focus on the sound, just the sound and when you hear it, you will know that it's now time to SLEEP!"

When you give the command to sleep, again, don't forget to give the subject's head a little sway forward so that his/her chin rests gently on the chest. At a very instinctual level we associate the forward, resting position of the head with rest and sleep so it's only natural that we make use of it in street hypnosis.

Since an actual street hypnosis performance can be very short, I do not recommend "throwing everything you've got" on the subject because that will only take up more time. Stick to a single plan of action, practice your best hypnotic induction script and focus on improving how you communicate with your subject. The best kind of

hypnosis results from clear communication between the subject and the hypnotist.

Rapid Induction 10: The Pendulum

The golden pendulum is probably the most well-known representation of hypnosis in the world. Ask any seven year old who's had a little exposure to TV or YouTube and he/she will likely tell you that a swaying pendulum is used to hypnotize people. The only problem I have with the pendulum in pop culture is that it is often portrayed as a magical talisman of sorts that can make people mindless zombies.

We all know that the "mindless zombie" thing is complete nonsense. A hypnotist can't make a person do something illegal like rob a bank because generally speaking, stealing is against people's morality and code of ethics. So no matter how sparkly a pendulum is, it doesn't have the power to make people do questionable things. Sure, the idea is fun to write about, but it makes no sense at all from the perspective of an actual practitioner of the art.

How can you use a pendulum for rapid induction?

Let's make this simple: it's not the pendulum per se that induces the trance but its swinging motion. The controlled swinging motion of any pendulum (which is essentially just a small object tied to a long piece of string) fatigues the eyes of the subject and eventually, the eyelids droop and close completely.

It's that beautifully simple, which makes the swinging pendulum an ideal tool for rapid hypnosis.

Should I buy a golden pocket watch for street hypnosis?

The answer is: it's completely up to you. A shiny, golden pocket watch with a chain is an impressive prop but a piece of string with a pen cap would be equally effective in inducing a hypnotic trance. Again, it's the swaying movement that's important during the actual induction. The movement has to be consistent and at just the right speed to make the subject's eyes tired after a short period of time.

Here's the hypnotic script for the Pendulum induction:

"The wonderful thing about hypnosis is you can feel very relaxed and sleepy anytime and anywhere. Consider this object I'm holding… Now focus on its movement as it gently sways left and right… Left and right… Left and right… Now pay attention as it moves to and fro… To and fro… Consider this: your eyes have become sleepy and with every movement, you're becoming ever more relaxed. By the sound of my voice alone… Focus on the sound and you will know when it is finally time to SLEEP."

The timing has to be perfect when you use this induction method. The final command to sleep must only be given when you've noticed that the subject's eyes have become tired and the eyelids are already going down naturally. When the subject is struggling to focus on the swaying motion that would be the ideal time to place the final trigger command.

Be sure to adjust you're the tone of your voice to match the subject's overall state. If you talk too quickly, the drowsiness may be countered. Slow down your speech a little and most importantly – pay attention to how your subject responds to what you're saying and doing.

Best Practices for Street Hypnotists

1. **Rapport.** Establishing rapport is crucial for building instant trust and cooperation between the subject and the street hypnotist. Rapport can be established during the preliminary talk.

You must come across to your subject as an expert and a friendly person at the same time. If the subject is suspicious or fearful of you, the overall performance will be uncomfortable for both the street hypnotist and the subject. If the subject says that he/she doesn't want to join the performance, never force the person to do so.

You can be reassuring and persuasive, but only to an extent. There's a big difference between being persuasive and being forceful or pushy.

If at all possible, I recommend that you practice street hypnosis (or any other kind of hypnosis) with willing friends and family first before trying it on complete strangers. This way, you will feel more comfortable and confident and you won't be worried that the subject will walk away immediately if you're not able to implement everything perfectly.

Everyone has to start from somewhere and you have to be able to practice your craft in such a way that you'll enjoy yourself while learning and mastering everything that goes into an effective street hypnosis performance.

2. **Structure.** Every known technique in hypnosis follows a definite structure or routine. Understand the structure behind each routine and you'll be able to implement them much more quickly and effectively. Here are some hypnotic components that you should be aware of:

Vagueness – Vague statements and phrases are used to counteract the critical factor of the mind. These statements allude to a central theme that informs and molds the entire hypnotic script. Additionally, vague statements are used to trigger instant

hallucinations because the mind always struggles to find meaning and logic, even in fragmented inputs.

Hypnotic devices – There are countless hypnotic devices used to modify the way another person's receives and understands information.

For example, using the word "and" to link together ideas that aren't normally associated with one another can create new associations in the subject's mind that will aid the hypnotist in accomplishing whatever goals he/she might have in mind.

Persuasion – Elements of persuasion are used to create harmony and reduce disagreement between two people.

Such elements can be used when you decide to use street hypnosis to influence others in day to day situations. For example, you can structure the conversation in such a way that the subject commits to small favors, so that he/she becomes conditioned to commit to a much bigger task or favor.

3. **Deal with fear.** Some people are afraid of hypnosis or anything that's vaguely been associated with the New Age movement. Personally, I find nothing wrong with hypnosis in general being associated with the New Age movement because it can be used to help channel good energy and establish better links with the Universe.

I also know for a fact that hypnosis as a formal practice is firmly rooted in medicine and if you look back at the evolution of hypnosis (all the way back to its roots in mesmerism), you will easily see that it has always been used to alleviate pain and improve the wellbeing of people from all walks of life. So from a fellow hypnotist to another, let me tell you that I'm very confident with what I do and I'm not anxious at all to explain the craft to people.

If you sense that your subject is anxious or apprehensive about hypnosis, delay the induction a little bit so you can put those fears to rest. Usually, people become more comfortable with the idea of being hypnotized when they learn that hypnosis has been used on hundreds of thousands of people every year to deal with countless problems and issues ranging from smoking cessation to chronic pain management.

Associating hypnosis with its rightful original family of practices, medicine, will reassure the majority of fearful subjects. It's also a good idea to ask your subject what he/she is fearful of so you can provide a good explanation. There's actually nothing in hypnosis that could harm the body or mind. The 'worst' that could happen is that someone will fall deeply into sleep. If this happens, your subject is probably physically tired to begin with.

Street hypnosis is an ideal takeoff point for beginners and a worthy field to explore for intermediate and advanced practitioners of classical hypnosis.

The craft is informed by several intersecting disciplines like psychology, NLP and influence. If you want to learn hypnosis in a way that you'll be able to apply it in ordinary situations and conversations, street hypnosis is your best option. It provides the tools, strategies and flexible hypnosis scripts that you can adapt easily to your needs, too.